

Soles of the Feet

Practice Description: This standing practice can be used to help ground your attention and stay focused during conversations, while making a presentation, taking a free throw or performing in a concert. Planting your feet on the floor like the roots of a tree can keep your mind in the present and your thoughts from unraveling.

Age Group: K4-8 Grade

Welcome to the Soles of the Feet exercise.
<i>Pause for 5 seconds</i>
In this practice, you will learn to plant your feet like roots of a tree to keep your mind in the present and your thoughts from unraveling in stressful, frustrating or demanding situations.
<i>Pause for 5 seconds</i>
Start by standing in a comfortable position with both feet on the floor, and a long, strong back so that your body supports your intention to be comfortable and aware.
Allow your hands to rest by your sides.
<i>Pause for 10 seconds</i>
Try softening your eyes and turn your gaze down toward your feet or to the images on the screen. If you feel comfortable, you may choose to close your eyes.
<i>Pause for 7 seconds</i>
Feel the soles of your feet in your shoes or on the floor.
<i>Pause for 7 seconds</i>
Rock forward and backward a little... then side to side to help feel connected to your feet on the ground.
<i>Pause for 10 seconds</i>
Now center your body over your feet. Try to plant your feet downwards, like roots of a tree.
Next, try tightening your legs so they are solid like the trunk of a tree. Imagine yourself rooting into the ground, strong and stable.
<i>Pause for 10 seconds</i>
As you breathe, keep your attention on the soles of your feet to ground your attention. Try to stay focused and rooted like a tree. See whether you can pay attention to your feet until you hear the chime. It will ring in 1 minute.
<i>Pause for 60 seconds</i>
<i>Chime sound</i>
When you are ready, release your attention from your feet and open your eyes, bringing your focus and attention back to the room around you.